

S.D. Family Focus

An update for South Dakota
Service Members &
Families!



FEBRUARY 2013

1-800-658-3930

The New Look of SMFS

Greetings everyone!

This is MAJ Brendan Murphy, Deputy Director for Service Member & Family Support. This past summer we launched a Logo Contest in this newsletter to allow folks like yourself to get creative and design a new logo for Service Member & Family Support (SMFS).

Well... you came through in fine fashion and we had numerous entries to choose from that gave us our "new look". The task was not easy, but we formed a committee to vote on the entries and we chose winners from 3 age categories: grades K-5, grades 6-12 and adults. One winning design was chosen and will now be used on signs, marketing materials, stationary, and much more.

SMFS changed its name last year from Soldier and Family Support Services (SFSS) to accurately reflect the depth and extent of our support to enhancing the lives of ALL Service Members, their Families and Veterans throughout the state of South Dakota. We would like to thank everyone that made a submission for this contest and are proud to introduce to you our new look and logo (pictured left):



**(See page 6 to see who created this winning design...
And to see the other two winning age group entries)
A lot of work went into each design submission and
we wanted to THANK each of you that took the
time to participate in the contest!**

Veterans Corner

As a veteran, one of the benefits that you have earned is access to the VA Medical center for your health care. This health care is free for any deployment related issues for the first 5 years after you come off of deployment. At the Yellow Ribbon events you are strongly encouraged to enroll in the VA and use this benefit. Enrollment is only the first part of the process to use this benefit.

The second part is to make and keep your initial appointment at the VA. This appointment is where you are able to record any issues that may have occurred during your deployment that may require future medical care. This initial record makes the process of that care or future claims for a service connected disability much easier.

In my position of Transition Assistance Advisor, I hear of many cases of veterans who have enrolled in the VA and have failed to make or keep their first appointment. In every one of these stories the individual has had some type of catastrophic medical event and had to pay for the medical expenses themselves. Eventually, they were able to get engaged in the VA and could continue their care with them. The veteran could not recover the initial medical costs. Staying engaged with the VA only requires one appointment with them a year. This appointment could be an annual physical. After the initial 5 years, you may be required to pay a small co-pay depending on your income level. By staying engaged in the VA health care system, you insure that you have this benefit available when you may need it in the future.

For more information please contact Bill Meirose at: 605-737-6669 or email William.J.Meirose.mil@mail.mil

Staying Focused

What was your New Years Resolution? Do you need some help to keep focused on your resolution? Here are a few apps for your smart phone to do just that...Keep you focused! Below are some example apps to use:

Quitter App - Keep track of how many days it has been since you last indulged, and how much money you have saved by quitting the habit.

BeatBurn Treadmill/Outdoor Trainer - BeatBurn uses lolo's exclusive beat-sync technology, changing the beat of your iPod music to perfectly match your pace!

Breathe2Relax - Learn to control your breathing to help relieve stress and to just relax during those tough times or rough days.

For more information and other apps visit <http://csf.army.mil/mobileios.html> or <http://www.dcoe.health.mil/blog/12-12-06/3-Mobile-Apps-Help-You-Relax.aspx>



Yellow Ribbon Event - 935th and 927th Family Reunion Event

When: February 23, 2013

Location: Comfort Suites in Rapid City

For more information please contact SFC Dickes, Penny at: 605-737-6947 or email penny.r.dickes.mil@mail.mil or ng.sd.sdarng.list.yellow-ribbon@mail.mil

Our Military Kids

Partner With a Military OneSource Health and Wellness Coach to Improve Your Health and Well-being

Do you need help making changes that will improve your health or well-being? Consider partnering with the Military OneSource Health and Wellness Coaching Program. The Health and Wellness Coaching Program is a free resource for eligible individuals who wish to improve their health and overall well-being.

Focus areas for coaching include: weight management, fitness and nutrition, health condition management, stress management, and life transitions (adapting to lifestyle changes such as deployment, moving, becoming a new parent, or retirement). Coaching is not: counseling, therapy, or a medical or advice hotline. You can participate in sessions by phone or online, whichever you prefer.

The coaches provide you with information, support, encouragement, and accountability, so that you can attain your goals and achieve your maximum potential at no cost to you! To sign up for a health and wellness coach, **call 1-800-342-9647** and a Military OneSource consultant will register you and schedule your first session right away.

For more information please contact Todd A. Otterberg SD Military OneSource JFSAP at:
Office: 605-737-6292 Cell: 605-639-0409 or email todd.otterberg@militaryonesource.com



"The handle on your recliner does not count as an exercise machine."

SDNG Youth—We Want You!

Save the Dates:

Region 8 Youth Leadership Summit (ages 14-17)

April 4-7 in Rapid City - Join youth from 5 other states
Leadership, Connection, Resilience, and Team Building
Contact us for an application

2013 SD Military Youth Camp — July 22-26

Get Wild! Ages 9-11 & Junior Counselors ages 15-17
Storm Mountain
Explore! Ages 12-14
Camp Rapid

Taryn Broomfield, Lead Child & Youth Program Coordinator
737-6919 or taryn.m.broomfield.ctr@mail.mil



Operation Black Hills Cabin

The mission of Operation Black Hills Cabin is to provide a comfortable, peaceful and supportive vacation in the Black Hills of South Dakota to qualifying wounded veterans and their immediate families.

The cabin is a fully accessible three bedroom, two bath house on an acre of land in Custer. The land and home were donated as well as the furnishings. It is a 501(c)3 non-profit organization. Restaurants and attractions in the Black Hills donate meals and admissions for the families.



The cabin was founded in 2011 by Pat and Jeff Baird, a retired military couple who live in Custer, SD. As a result of seeing a TV show with Tom Brokaw interviewing the Bravest Americans. Brokaw interviewed a wounded veteran from Yankton, SD about his family life. In the show, he encouraged us to remember veterans and to reach out and say thank you.

Get the word out about the project to veterans from military service in Operation Iraqi Freedom, Operation Enduring Freedom, or Operation New Dawn. To qualify for a stay, the veteran must be combat injured at a minimum of 30%.* The application and details can be found at www.operationblackhillscabin.org.

If anyone would like to make a donation or knows of grants that are available for a project of this kind, they may go to our website to make a donation or email : operationblackhillscabin@gmail.com

***copies of award letter and DD Form 214 or current PCS orders are required with application.**

For more details, you may contact Pat and Jeff Baird at: 605-517-1830 or email operationblackhillscabin@gmail.com

Consumer Financial Protection Bureau

One of our partners in the Financial community for the National Guard is the CFPB (Consumer Financial Protection Bureau). They are a great organization, led by Holly Petreaus. The OSA was created by the Dodd-Frank Wall Street Reform and Consumer Protection Act.

The Consumer Financial Protection Bureau is a 21st century agency that helps consumer finance markets work by making rules more effective, by consistently and fairly enforcing those rules, and by empowering consumers to take more control over their economic lives. For more information, visit www.ConsumerFinance.gov.

The Office of Servicemember Affairs opened two valuable new communications channels to the military community with the launch of an OSA Facebook page and Twitter feed. These accounts give OSA and the CFPB the opportunity to digitally engage directly with servicemembers, military families and veterans on the consumer financial issues that matter most to them. These accounts also give OSA the ability to offer military members tips, tools and other resources to help them keep financially fit.

Please take the time to "Like" OSA on Facebook (www.facebook.com/CFPBMilitary) and follow OSA on Twitter (www.twitter.com/CFPBMilitary) today and help spread the word!

For more information please contact Jennifer Armstrong at: (703) 607-5981 or email jennifer.r.armstrong2.civ@mail.mil

Military OneSource

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- ✓ Use your tax refund wisely - save money and pay off debt

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Provided by the Department of Defense at no cost to service members
(active duty, Guard, and Reserve) and their family members.

And the Winners Are...

Service Member & Family Support kicked off a logo contest this past summer to get a fresh new look. Winners were picked from three different age groups.

- The adult winner (and overall winner) was Sheri Bartunek (directly below).
- The K-5 winner was Kaden McNamara (bottom picture).
- The 6-12th winner is Jade Heilman (pictured on right). Thank you and Congratulations!

